

Child Development



Your child grows and learns each day. You can help your child learn by doing things together. Do the following with your child:

- Talk with your child. Talk about how your child is special. Tell your child that you love him or her.
- Listen when your child talks to you about things.
- Let your child help you cook. Children can do things like cut soft foods with a dull knife, mix food with a spoon, and pour small amounts of liquid in a bowl.
- Take your child with you to different places. Go to the grocery store, the library, or a park. Talk about what happens at the places you visit.
- Let your child spend time with friends and relatives without you around. This helps your child learn to get along with other people.
- Let your child choose between two activities whenever you can. This helps your child learn to make decisions.
- Have your child help with easy chores at home.
- Let your child dress herself or himself.
- Have a few simple rules for your home. Teach your child these rules. Use “time out” when your child understands a rule but disobeys it.
- Let your child play with other children of the same age. Always know where your child is and what he or she is doing.
- Teach your child to talk about problems instead of hurting playmates by hitting and pushing them.
- When your child does something right, praise your child, even if it is something small. Your child wants to please you and enjoys your attention.

Child's Name _____

School Nurse _____

Date _____

School _____

School Phone Number (_____) _____



South Carolina Department of Health and Environmental Control

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